



National Nutrient Database for Standard Reference

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Statistics Report 01114, Whey, sweet, fluid

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	93.12	32	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.85	16	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.36	31	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.53	7	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	5.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	5.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	47	37	1.851	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	8	7	0.286	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	46	37	0.845	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	161	11	3.987	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	54	9	4.221	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.036	19	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.158	26	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.074	13	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.383	8	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.031	13	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	16.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.28	17	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Retinol	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Lipids													
Fatty acids, total saturated	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.020	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.003	4	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.003	4	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.006	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.004	4	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.035	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.110	4	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.033	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.011	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.084	4	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Fatty acids, total polyunsaturated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.008	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.003	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Cholesterol	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Lysine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003